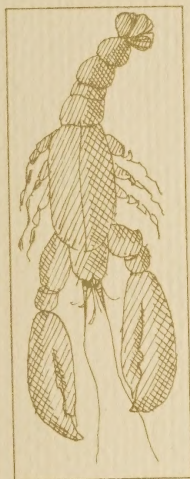


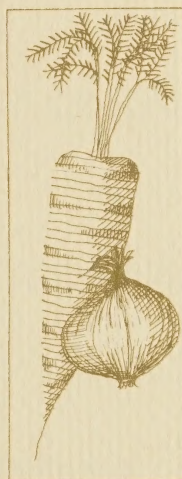
# The Art of Cooking



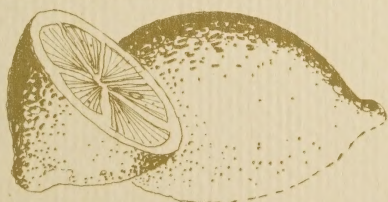
presents

## Michael Field

with  
la Grande



## Cuisine de France



Presented by the Women's  
Committee of the Art Gallery  
of Ontario Sponsored by  
Canada Packers Limited and  
Consumers' Gas Company

November 1968



THE WOMEN'S COMMITTEE  
OF THE  
ART GALLERY OF ONTARIO  
PRESENTS

"THE ART OF COOKING"

SPONSORED BY

CANADA  PACKERS

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THE CONSUMERS' GAS COMPANY



## ACKNOWLEDGMENT

The Women's Committee of the Art Gallery of Ontario presents with pleasure the eighth edition of "The Art of Cooking". This annual series of carefully planned and imaginatively produced cooking demonstrations conducted by a master chef is possible because of the generous sponsorship of Canada Packers Ltd. and the Consumers' Gas Co. Their continuous support and active help have made "The Art of Cooking" a magnificent culinary performance and a major annual fund-raising project for the benefit of the Art Gallery.

We extend particular thanks to our sponsors for the services of four creative staff members whose advice and assistance is indispensable to the project: Miss Jean Patterson and Mrs. Mary Lou Carter, of Canada Packers Ltd. and Miss Rosemary Ballagh and Mrs. Jane Simms of the Consumers' Gas Co.

We are grateful to the firms listed on the back cover for their donations which add greatly to the interest in the demonstrations. To all who have contributed to the success of "The Art of Cooking" we express our deepest appreciation.

### MARY ALICE STUART

Mrs. A. K. Stuart,  
President,  
Women's Committee,  
Art Gallery of Ontario.



## WELCOME BACK MICHAEL FIELD!

Mr. Field returns to Toronto to conduct a new and adventurous approach to creative cooking based on sound culinary principles. A musician-turned-food expert, Michael Field admits his own training has been heavy on the informal, personal basis. Most of his knowledge has come from eating in the world's great restaurants and conversing with the planet's prestigious chefs.

Mr. Field's reputation rates high in the culinary world. He teaches classes, gives food demonstrations, writes cookbooks and articles, and is currently chief consulting editor for the new Time-Life glossy series of international cookbooks — Foods of the World. His great talent, he says, is that "by reading a score of a symphony, I can hear it, and by simply looking at a recipe, I know how it's going to taste."

Bravo — Michael Field.

*Marjorie Finlayson*

Chairman, Art of Cooking 1968.



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## LOBSTER THERMIDOR

3 two pound live lobsters

### Court Bouillion

3 cups water  
1 onion, thinly sliced  
1 carrot, thinly sliced  
2 stalks celery  
4 sprigs parsley  
1 bay leaf

### Sauce

1½ cups dry white wine  
½ cup finely chopped shallots or scallions  
2 teaspoons dry tarragon  
2 cups Béchamel sauce (made with:  
4 tablespoons Maple Leaf Butter  
6 tablespoons flour and  
2 cups milk)  
2 teaspoons Dijon mustard creamed with 3 tablespoons  
Maple Leaf Butter  
2 egg yolks  
¾ cup heavy cream  
½ teaspoon salt  
2 teaspoons lemon juice  
¼ cup grated Parmesan cheese

Bring the ingredients for the Court Bouillion to a boil in a 10—12 quart pot. Add lobsters and steam, covered for 20 to 25 minutes. Split lobsters in half and remove tommalee, coral and lobster meat.

To make sauce, reduce wine, shallots and tarragon to ¾ cup. Strain into Béchamel sauce and beat in the reserved tommalee and coral. Add mustard-butter mixture. Beat in egg yolks and stir over low GAS FLAME until sauce is thick enough to heavily coat a spoon. Reduce cream to ¼ cup and stir in. Simmer sauce over simmer GAS FLAME until it is thick enough to heavily coat a spoon. Add salt and lemon juice.

Brush inside of lobster shells with a thin film of 1 tablespoon of creamed Maple Leaf Butter, mixed with 1 teaspoon Dijon mustard. Pour a little of sauce into each shell and arrange lobster meat, first cut into medallions, in them. Pour remaining sauce over lobster, sprinkle with Parmesan cheese and glaze under a GAS BROILER until bubbling.

Makes 6 servings.

## TOURNEDOS ROSSINI

- 6 small artichoke bottoms, freshly cooked or canned
- 4 tablespoons Maple Leaf Butter melted
- 6 slices foie gras, canned 'en bloc'
- 3 tablespoons Madeira
- 3 tablespoons brown stock, fresh or canned
- 12-18 thin slices of truffles
- 2 tablespoons Madeira
- 1 tablespoon Maple Leaf Butter, melted
- 3 tablespoons Maple Leaf Butter
- 1 tablespoon Domestic Oil
- 6 tournedos or filets steaks cut 1½ inches thick
- ½ cup brown stock, fresh or canned
- 1 teaspoon arrowroot mixed with 2 tablespoons Madeira
- 4 tablespoons Maple Leaf Butter, softened

Preheat GAS OVEN to 350°F. Place artichoke bottoms in a shallow casserole. Pour over 4 tablespoons melted Maple Leaf Butter. Heat in oven for 15 minutes.

Meanwhile, place slices of foie gras, 3 tablespoons Madeira and 3 tablespoons stock in upper part of double boiler and set it over simmering water. Keep warm. Place truffles slices in another small saucepan, moisten with 2 tablespoons Madeira and 1 tablespoon melted Maple Leaf Butter. Simmer over simmer GAS FLAME while tournedos are being sauteed.

Melt 3 tablespoons Maple Leaf Butter and Domestic Oil over high GAS FLAME in a large skillet. When foam subsides, add tournedos and cook them about 4 minutes on each side. Arrange artichoke bottoms on a large platter and place a tournedo on each. Top with a slice of foie gras and arrange a few slices of truffles on each. Quickly pour fat from the skillet into a saucepan, and add ½ cup brown stock and any juices from the pans of foie gras and truffles. Bring to boil and reduce to about half. Stir in arrowroot-Madeira mixture. Add salt and pepper to taste and beat in the 4 tablespoons softened Maple Leaf Butter. Pour over tournedos and serve at once.

Makes 6 servings.

## POIRES BORDALOUÉ

- Pâte Brisée
- 1½ cups cake and pastry flour
  - ¼ teaspoon salt
  - 1 tablespoon sugar
  - 6 tablespoons Maple Leaf Butter, chilled and cut into ¼-inch pieces
  - 2 tablespoons Domestic Shortening, chilled
  - 3-5 tablespoons ice water

Frangipane Custard	2 Maple Leaf Eggs
	$\frac{3}{4}$ cup granulated sugar
	2 egg yolks
	1 cup all-purpose flour
	2 cups milk
	2-inch piece vanilla bean
	6 tablespoons Maple Leaf Butter cut into $\frac{1}{4}$ -inch pieces
	$\frac{1}{2}$ cup crushed stale macaroons
	$\frac{1}{4}$ cup Kirsch
	$\frac{1}{2}$ cup ground almonds
The Pears	3 large, ripe pears, peeled and cored
	4 cups water
	2 cups granulated sugar
	2-inch piece of vanilla bean
	1 teaspoon lemon juice
	Grated rind of $\frac{1}{2}$ lemon
Apricot Glaze	1 12-ounce jar apricot jam
	$\frac{1}{4}$ cup Kirsch

To make the Pâte Brisée, combine flour, salt and sugar in a large bowl. Cut in Maple Leaf Butter and Domestic Shortening until mixture is well combined. Add water, a tablespoon at a time, mixing well after each addition. Add sufficient water so that dough can be gathered into a ball. Wrap in waxed paper and chill for at least 3 hours or until firm. Roll dough to fit into a 9-inch false bottomed quiche or pie pan. Line with a sheet of buttered aluminum foil before baking in a 400°F GAS OVEN for about 10 minutes. Remove foil and continue baking for an additional 3 - 4 minutes. Prick with a fork if centre puffs.

To make the custard, beat 2 Maple Leaf eggs with sugar for 2 - 3 minutes. Add egg yolk and flour and continue beating until mixture forms a ribbon as it falls back into the bowl. Heat milk and vanilla bean almost to the boiling point. Remove vanilla bean and slowly beat milk into egg mixture. Cook over moderate GAS FLAME, stirring constantly until mixture coats a spoon rather heavily. (Do not let mixture boil.). Turn GAS FLAME off and beat in Maple Leaf Butter, a small amount at a time. Add macaroons, Kirsch, and ground almonds. Chill.

Meanwhile, poach pears in a syrup made of 4 cups water, 2 cups sugar, vanilla bean, lemon juice and lemon rind. Simmer for about 15 minutes. Remove pears, cool and cut in half lengthwise.

To make the glaze, strain apricot jam. Heat it with Kirsch until it is clear and runs from a spoon easily.

Assemble the tart in the following fashion: Glaze the bottom of the pastry shell with 2 tablespoons of the warm glaze. Spoon Frangipane custard into the pastry shell. Place pears in the custard, cut side down, arranging them so they radiate like large spokes of a wheel. Glaze with the remaining apricot glaze. Sprinkle the top with chopped pistachio nuts and spread a few crumbled macaroons between the pears.

## TURBAN OF SOLE JOINVILLE

Quennelle Mixture	$\frac{1}{2}$	cup water
	2	tablespoons Maple Leaf Butter
		Pinch salt
	$\frac{1}{2}$	cup all-purpose flour
	1	pound boned and filleted pike, or sole, whiting or halibut
	6	tablespoons Maple Leaf Butter, at room temperature
	$\frac{1}{8}$	teaspoon nutmeg
	$\frac{1}{2}$	teaspoon salt
	$\frac{1}{4}$	teaspoon white pepper
	1	Maple Leaf Egg
	2	egg whites
	$\frac{1}{2}$ - $\frac{3}{4}$	cup heavy cream
	10-12	fillets of sole
Sauce	2	tablespoons chopped shallots
	$\frac{3}{4}$	cup dry, white wine
	$\frac{1}{4}$	cup coarsely chopped fresh mushrooms
	2	cups fish Velouté Sauce (see end of recipe)
	2	cups heavy cream
	$\frac{1}{4}$ - $\frac{1}{2}$	cup heavy cream (optional)
	$\frac{3}{4}$	cup Lobster Butter (see end of recipe)

Make quennelle mixture first. To water add 2 tablespoons Maple Leaf Butter and bring to boil. Blend in salt. Add flour all at once and stir until mixture comes away from pan. Spread this panade on a platter and chill for  $\frac{1}{2}$  hour. Meanwhile, purée pike or other fish in blender. Transfer purée to bowl and beat in 6 tablespoons Maple Leaf Butter. Stir in nutmeg, salt and pepper and refrigerate for at least  $\frac{1}{2}$  hour. When panade and fish are cold, transfer the panade to a mixing bowl and beat into it, one at a time the whole egg and 2 egg whites. Then beat in the chilled fish mixture a little at a time and finally  $\frac{1}{2}$  cup cream adding a few tablespoons at a time. Add up to  $\frac{1}{4}$  cup more cream if necessary for the mixture to hold its shape in a spoon.

Butter an 8 - cup ring mould. Season fillets of sole with salt and a little white pepper and lay fillets crosswise in mould. Let them overlap slightly, the ends dangling over the sides. Fill inside of mould with the quennelle mixture and fold dangling ends of fillets over top. Cover tightly with aluminum foil. Set mould in a pan of hot water and bake in a preheated 375°F GAS OVEN for about an hour.

Meanwhile, make sauce. In a small saucepan, combine shallots, white wine and mushrooms. Bring to boil and reduce to  $\frac{1}{4}$  cup. Strain into the Velouté Sauce. Bring 2 cups cream to boil and reduce to 1 cup. Add to the velouté mixture. Thin with as much of the remaining cream as necessary, then beat in the lobster butter.

Unmould turban on a serving platter. Garnish with shrimp and truffles and ladle sauce over all. Serve at once.

## Velouté Sauce

Melt 4 tablespoons Maple Leaf Butter in a saucepan. Add 6 tablespoons flour and to this roux, add 2 cups fish stock. Cook, whisking constantly, until thick. Season with salt, white pepper, and a little nutmeg. Strain and reserve.

## Lobster Butter

Steam a 1¾ pound lobster for about 20 minutes. Remove meat and set aside. Chop shell coarsely and sauté in ½ pound Maple Leaf Butter for about 5 minutes. Pour entire contents of pan (both shells and butter) into blender and puree at high speed for 2 minutes. Pour into a linen towel and wring out all the juices into a skillet. Add reserved lobster meat and simmer for 5 minutes. Then blend entire mixture again in blender at high speed. Pour into towel again and wring juices into a small bowl. Set bowl in another bowl of crushed ice and stir until it solidifies. Refrigerate until ready to use.

## VEAL CHOPS EN PAPILOTES

- 1 pound finely chopped mushrooms
- 2 tablespoons finely chopped shallots
- 2 tablespoons Maple Leaf Butter
- 1 tablespoon Domestic Oil
- ½ cup heavy cream
- 6 veal chops, about 6 ounces each
- Salt, pepper, flour
- 3 tablespoons Maple Leaf Butter
- 1 tablespoon Domestic Oil
- ⅓ cup dry white wine
- ¾ cup Sauce Espagnole (see page 23)
- 8 paper thin slices prosciutto or Westphalian ham

Sauté mushrooms and shallots with 2 tablespoons Maple Leaf Butter and 1 tablespoon Domestic Oil in heavy saucepan. Cook over low GAS FLAME until all the mushroom liquid has evaporated. Stir into the duxelles (as this mixture is called), the heavy cream. Simmer over simmer GAS FLAME for about 5 minutes. Scrape into a small bowl and reserve.

Salt and pepper chops and dip them in flour. Shake off any excess. Pre-heat GAS OVEN to 400°F. Sauté chops on both sides in 3 tablespoons Maple Leaf Butter combined with 1 tablespoon Domestic Oil. When lightly browned on both sides, place in a GAS OVEN for 10 minutes, basting occasionally until chops are almost done. Remove chops to a platter and set aside. Deglaze skillet with wine, then add Sauce Espagnole. Simmer for about 5 minutes. Strain sauce into small bowl.

Cut 4 hearts out of parchment paper about 11 inches long and 15 inches wide. Butter hearts lightly, and on each one, place a slice of ham. Spread ham with about 2 teaspoons of the duxelles mixture and top with a chop. Spread another 2 teaspoons of the duxelles over the chop and top with another slice of ham. Fold papilote in half and crimp edges. Brush each papilote lightly with Domestic Oil and bake in a preheated 500°F GAS OVEN for about 15 minutes or until paper puffs and browns. Serve in the paper which should be cut open at the table. Pass sauce separately.

## DAQUISE

- 5 egg whites
- 12 tablespoons granulated sugar
- 1 tablespoon cornstarch
- 4 ounces almonds, ground

- Butter Cream Filling**
- $\frac{3}{4}$  cup granulated sugar
  - $\frac{1}{8}$  teaspoon cream of tartar
  - $\frac{1}{3}$  cup cold water
  - 5 egg yolks
  - $\frac{1}{2}$  pound Maple Leaf Butter
  - 1 tablespoon instant coffee, preferably the Espresso type
  - Icing sugar

Preheat GAS OVEN to 250°F. Beat egg whites until foamy. Still beating, add 10 tablespoons sugar, a tablespoon at a time. When meringue is stiff, fold into it, cornstarch, almonds and remaining 2 tablespoons sugar. Spread mixture evenly in 2 10-inch circles on a buttered and floured cookie sheet or sheets. The circles should be about  $\frac{1}{2}$ -inch thick when smoothed with a spatula. Bake in centre of oven for about 45 minutes.

Meanwhile, make Butter Cream Filling. Combine sugar, cream of tartar and water in a saucepan and stir over low GAS FLAME until sugar has dissolved. Increase FLAME and boil without stirring until a candy thermometer reads 236°F or use temperature controlled GAS BURNER. While syrup is cooking, beat egg yolks in an electric mixer until thick and light yellow. In a thin stream, pour hot syrup into egg yolks, beating constantly. It should soon become thick. Continue to beat until mixture cools somewhat. Set aside and cool to room temperature. Beat in Maple Leaf Butter, a few small pieces at a time, and when all absorbed, beat in instant coffee. Refrigerate until firm enough to handle.

When meringues are done, cool them and spread one layer with pastry cream (using a pastry bag with a decorative tip if possible). Set other meringue on top. Chill cake and just before serving sprinkle with icing sugar.

## SALMIS DE FAISAN

- 1 3½-4 pound pheasant
- 2 tablespoons Maple Leaf Butter
- 1 tablespoon Domestic Oil
- Pheasant liver
- 2 tablespoons Maple Leaf Butter
- ½ teaspoon finely chopped shallots
- ½ bay leaf
- ⅛ teaspoon thyme
- 1 tablespoon cognac
- Salt, pepper
- ¼ pound mushrooms, thinly sliced
- 2 tablespoons Maple Leaf Butter
- 1 truffle, thinly sliced
- 1 tablespoon cognac
- 2 tablespoons finely chopped carrots
- 3 tablespoons finely chopped onions
- ½ teaspoon finely chopped garlic
- 2 teaspoons chopped parsley
- 1½ cups dry red wine
- 1 cup Brown Sauce (see Steak Au Poivre)
- 2 slices bread, crusts removed and toasted, then cut into triangles

Preheat GAS OVEN to 400°F. Truss pheasant and sprinkle liberally with salt and freshly ground pepper. Heat 2 tablespoons Maple Leaf Butter and 1 tablespoon Domestic Oil in a large skillet. When foam subsides, add pheasant. Brown well on all sides and then roast, uncovered, in GAS OVEN for 40 minutes. Baste with pan juices from time to time. Do not overcook. While pheasant is roasting, brown pheasant liver in 2 tablespoons Maple Leaf Butter in small skillet. Add shallots, bay leaf, thyme, 1 tablespoon cognac, salt and pepper. Simmer a few minutes and then force entire contents of pan through a fine sieve. Place purée in a small bowl and refrigerate.

When pheasant is done, remove legs and cut away breasts. Remove all skin from bird and lay pieces of pheasant in a buttered baking dish, arranging them as attractively as you can. Sauté mushrooms in 2 tablespoons Maple Leaf Butter and spread them over the pheasant. Sprinkle with 1 tablespoon cognac, cover dish with foil and keep warm in a 250°F GAS OVEN. Chop pheasant's skin, giblets and carcass as finely as possible. Pour dripping of roasted pheasant into saucepan and add chopped skin, giblets and carcass. Simmer mixture over low GAS FLAME for about 10 minutes. Then add chopped carrots, onions, garlic, parsley and red wine. Cook together over high GAS FLAME for about 5 minutes. Pour in Brown Sauce. Simmer for a minute or two, then strain sauce over pheasant.

To serve surround pheasant with croutons spread with the chilled liver mixture and lightly heated in GAS OVEN.

## STEAK AU POIVRE

- 4 wing steaks, about 1-inch thick
- 1 tablespoon salt
- 2 tablespoons peppercorns, coarsely crushed
- 2 tablespoons Maple Leaf Butter
- 1 tablespoon Domestic Oil
- $\frac{1}{4}$  cup cognac
- 2 cups Brown Sauce (recipe below)

Salt steaks. With palms of hand, press the crushed peppercorns into both sides of steaks. Melt Maple Leaf Butter and Domestic Oil in a large skillet over medium GAS FLAME. In it, sauté steaks to the desired degree of doneness, turning them frequently. Remove them to a hot serving platter and pour cognac into pan. Flame. When flames die down, stir in Brown Sauce, correct seasoning and pour over steaks.

## STEAK AU POIVRE WITH CREAM

Stir into the sauce,  $\frac{1}{4}$  cup of heavy cream. Bring to boil and pour over steaks.

## STEAK AU POIVRE WITH RED WINE

Add  $\frac{2}{3}$  cup of dry red wine, 3 tablespoons finely chopped shallots to pan juices. Then add  $\frac{3}{4}$  cup Brown Sauce. Bring to boil, swirl in 2 tablespoons soft Maple Leaf Butter and pour over steaks.

### Brown Sauce

Simmer 3 cups of beef stock, 3 thinly sliced mushrooms, 3 sprigs parsley, salt and pepper for about 10 minutes. Stir in 5 tablespoons arrowroot, first combined with  $\frac{1}{3}$  cup cold water. Cook slowly for about 10 minutes until sauce is thick and clear. Strain.

## SOUFFLÉ GLACÉ AU GRAND MARNIER

- 4 tablespoons Grand Marnier
- 6-8 lady fingers or an equivalent amount of slightly stale sponge cake, cut into 2-inch squares
- $\frac{1}{3}$  cup cold water
- 1 cup granulated sugar
- 1 tablespoon grated orange rind
- 6 egg yolks
- 2 cups heavy cream, chilled
- 4 tablespoons unsweetened cocoa, sifted

Place a waxed paper collar around a  $1\frac{1}{2}$  quart soufflé dish and chill dish

in freezer. Sprinkle 2 tablespoons of Grand Marnier over lady fingers or sponge cake and let them macerate while you make the soufflé mixture.

In a small saucepan, boil water, sugar and orange rind until it reaches 230°F. on a candy thermometer or on temperature controlled top burner. until the mixture is cool and thick. Whip chilled heavy cream until it forms light yellow, continue beating while adding the syrup in a slow stream. Beat Meanwhile, start beating egg yolks in the mixer. When they are thick and soft peaks. Fold into the egg mixture and gently stir in the remaining 2 tablespoons Grand Marnier. Pour about  $\frac{1}{3}$  of the soufflé into the chilled soufflé dish. Arrange a layer of the lady fingers on top. Pour in another third of the soufflé, top with the remaining lady fingers and finish with the remaining soufflé. Place in freezer for at least 6 hours or until soufflé is firm.

To serve, carefully remove the paper collar and sprinkle the top of the soufflé with cocoa.

## SUPRÊMES DE VOLAILLE ALBUFÈRA

The Mousseline	$\frac{1}{2}$ pound boneless, uncooked chicken meat 1 egg white 1 cup heavy cream, chilled Salt, white pepper and a few gratings of nutmeg
Sauce Albuféra	1 tablespoon finely chopped onion 1 tablespoon Maple Leaf Butter 2 tablespoons flour $1\frac{1}{2}$ cups chicken stock, fresh or canned 1 cup heavy cream 2 tablespoons finely chopped pimento 2 tablespoons soft Maple Leaf Butter Salt, white pepper
The Rice	1 tablespoon finely chopped onion 3 tablespoons Maple Leaf Butter 1 cup regular rice 2 cups chicken stock, fresh or canned 2 tablespoons Maple Leaf Butter 1 tablespoon flour 4 ounces finely diced foie gras or chicken livers
Chicken Breasts	3 whole chicken breasts skinned, boned and separated into individual breasts Salt, white pepper 4 tablespoons Maple Leaf Butter 2 teaspoons lemon juice

**The Mousseline:** In a blender, purée chicken meat at high speed. Remove to a bowl set over ice. Slightly beat egg white and, little by little, beat it into the purée. Beat in cream, 1 tablespoon at a time. Season with salt, white pepper and nutmeg. Refrigerate.

## Sauce Albuféra

Sauté the onions in Maple Leaf Butter for about 2 minutes. Stir in flour and beat in stock. Cook until thick and simmer over GAS FLAME until reduced to  $\frac{3}{4}$  of a cup. Stir in cream and simmer over GAS FLAME until sauce is reduced to  $1\frac{1}{2}$  cups. Rub pimento through a sieve and beat into it, 2 tablespoons of creamed Maple Leaf Butter. Beat into sauce, season and set aside.

Sauté onion in Maple Leaf Butter until soft. Add rice, cook for a few minutes and then pour in chicken stock. Cook in preheated 350°F. GAS OVEN, covered, for 20 minutes or until all stock is absorbed. In a skillet, melt two tablespoons of Maple Leaf Butter. Lightly flour the foie gras and toss in the hot butter a minute or so. Fold into the rice and set aside.

## The Chicken Breasts:

Make a pocket in the breasts, season with salt and pepper and fill with the chilled Mousseline. Press ends shut. Melt 4 tablespoons of Maple Leaf Butter in a large skillet, add breasts and sprinkle them with lemon juice. Turn breasts about in the butter, then cover the pan. Place in a preheated 350°F. GAS OVEN for 10 to 12 minutes or until the breasts are done.

## To Serve:

Heat rice and spread it out on a heated platter. Arrange chicken breasts on it and mask with sauce, first reheated if necessary.

## CÔTES D'AGNEAU À LA PROVENÇALE

- 3    tablespoons olive oil
- 3-4   large tomatoes, peeled, seeded and chopped
- $\frac{1}{2}$     teaspoon tomato paste
- 1    teaspoon finely chopped parsley
- $\frac{1}{2}$     teaspoon finely chopped garlic
- Pinch of sugar
- $\frac{1}{2}$     teaspoon salt
- Freshly ground black pepper
- $\frac{1}{4}$     pound mushrooms, finely chopped
- 2    tablespoons olive oil
- 8    lamb rib chops
- 2    tablespoons Maple Leaf Butter
- 2    tablespoons olive oil
- 2    tablespoons grated Parmesan cheese
- 1    tablespoon Maple Leaf Butter, melted

Combine olive oil, chopped tomatoes, tomato paste, parsley, garlic, sugar, salt and pepper in a 2-quart saucepan. Cook over moderate GAS FLAME, stirring frequently, for about 30 minutes or until most of the liquid has evaporated. Meanwhile, sauté mushrooms in 2 tablespoons olive oil for about 3 - 4 minutes. Stir them into the finished tomato sauce.

Preheat GAS OVEN to 500°F. Salt and pepper lamb chops and sauté in 2 tablespoons Maple Leaf Butter mixed with 2 tablespoons olive oil, until lightly browned. Arrange them in a shallow roasting pan. Spread and mound about 2 tablespoons of the tomato - mushroom mixture over each chop. Sprinkle with a little Parmesan cheese and moisten with a little melted Maple Leaf Butter.

Glaze in preheated GAS OVEN for 5 - 10 minutes or until cheese is lightly browned. Serve immediately.

## MERINGUE SOUFFLÉ AU CITRON

- 3 tablespoons Maple Leaf Butter
  - 4 tablespoons flour
  - $\frac{3}{4}$  cup milk
  - 4 tablespoons granulated sugar
  - 4 egg yolks
  - $\frac{1}{4}$  cup lemon juice
  - 1 tablespoon lemon rind
  - 1 tablespoon Grand Marnier
  - 6 egg whites
- Meringue
- 3 egg whites
  - 3 tablespoons granulated sugar

Preheat GAS OVEN to 400°F. Lightly butter a 2-quart soufflé dish. Swirl 2 tablespoons granulated sugar about in dish and when surfaces are thoroughly coated, knock out excess.

In a small saucepan, make a roux of the 3 tablespoons Maple Leaf Butter and 4 tablespoons flour. Add milk. Cook over moderate GAS FLAME, whisking constantly, until mixture is smooth and very thick. Beat in 4 tablespoons sugar. Remove from FLAME. Beat in egg yolks, one at a time. Stir in lemon juice, lemon rind and Grand Marnier. In a large copper bowl, beat 6 egg whites until they form unwavering peaks on the beater. Mix 2 large tablespoons of whites with egg yolk mixture. Then fold in remaining whites. Pour into soufflé dish and place in centre of oven. Reduce heat to 375°F. and cook for 30 - 40 minutes or until soufflé has risen and is well puffed.

While soufflé is cooking, beat 3 egg whites until frothy. Add sugar a tablespoon at a time. Beat for 5 minutes until very stiff. Spoon it into a pastry bag fitted with a decorative tip. Ten minutes before soufflé is done, quickly open oven door and without removing soufflé from shelf, pipe meringue over soufflé surface in decorative swirl. Cook soufflé for remaining 10 minutes undisturbed. Meringue should be lightly brown on top. Serve at once.

## CRAB SOUFFLÉ SURPRISE

- 3 tablespoons Maple Leaf Butter
- 3 tablespoons flour
- $\frac{3}{4}$  cup plus 2 tablespoons milk
- 2 egg yolks
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon dry mustard
- $\frac{2}{3}$  cup grated Parmesan cheese
- 5 egg whites
- $\frac{1}{2}$  pound crabmeat

Preheat GAS OVEN to 425°F. Make a roux of the butter and flour. Gradually add milk. Continue cooking and stirring over moderate GAS FLAME until thick and smooth. Turn GAS FLAME off and beat in egg yolks, one at a time. Add salt, dry mustard and  $\frac{1}{2}$  cup cheese.

Butter 4 large coquille shells.

Beat egg whites until stiff and fold into soufflé mixture. Place a large tablespoon of the soufflé in each shell. Arrange crabmeat on top, cover with the remaining soufflé. Sprinkle each with remaining cheese. Place on a cookie sheet and bake in the centre of the preheated GAS OVEN for 10 minutes. Reduce oven temperature to 400°F. and continue cooking for an additional 5 - 10 minutes.

Serve at once.

## RIS DE VEAU AU CHAMPAGNE

- 6 pair Maple Leaf Sweetbreads
- $\frac{1}{2}$  cup finely chopped carrots
- $\frac{1}{2}$  cup finely chopped onions
- 4 tablespoons Maple Leaf Ready-to-Serve Ham, finely chopped
- 2 tablespoons Maple Leaf Butter
- 4 sprigs parsley; 1 bay leaf;  $\frac{1}{4}$  teaspoon thyme; salt; white pepper
- 1 cup dry champagne
- 2 cups chicken stock, fresh or canned
- 4 tablespoons Maple Leaf Butter
- 1 pound mushrooms, sliced
- 2 tablespoons lemon juice
- 6 tablespoons Maple Leaf Butter, clarified
- $\frac{1}{2}$  cup champagne
- 1 cup heavy cream

### Optional

- 1 teaspoon arrowroot combined with
- 2 tablespoons of cold water
- 2 tablespoons Maple Leaf Butter, softened

Soak Maple Leaf Sweetbreads in cold water for about 3 hours. Drain and blanch by dropping them in boiling water then simmering over simmer GAS FLAME for about 5 minutes. Drain and trim sweetbreads, removing as much membrane as possible.

Preheat GAS OVEN to 350°F.

In a large enamel skillet, sauté carrots, onions and Maple Leaf Ham in 2 tablespoons Maple Leaf Butter for about 4 minutes. Add the sweetbreads, parsley, bay leaf, thyme salt and white pepper. Pour in champagne and reduce to  $\frac{1}{4}$  cup over high GAS FLAME. Add chicken stock (it should half cover sweetbreads) and bring to a boil over high GAS FLAME. Cover pan and cook in a preheated oven for 15 minutes. Remove sweetbreads to a plate. Strain cooking liquids into a saucepan discarding vegetables.

Melt 4 tablespoons Maple Leaf Butter in a skillet, add sliced mushrooms and lemon juice. Cover and cook over moderate GAS FLAME for about 3 minutes. Pour mushroom juices into strained stock and reduce it to  $1\frac{1}{2}$  cups over high GAS FLAME. Put mushrooms aside.

Slice sweetbreads and flour lightly. Sauté in clarified butter until they are lightly brown. Remove sweetbreads to a heated serving plate and deglaze the pan with champagne. Pour in heavy cream. Bring to a boil over high GAS FLAME, and continue boiling for a few minutes until cream thickens slightly. Pour in reduced braising liquid. Bring to a boil again until sauce will lightly coat a spoon. If sauce remains thin, stir in optional arrowroot mixture and cook until sauce reaches proper consistency. Add reserved mushrooms and 2 tablespoons softened Maple Leaf Butter. Taste for seasoning. Pour over sweetbreads and serve.

### TARTE TATIN

- $\frac{1}{2}$  recipe Pâte Brisée (see Piores Bordaloue page 10)
- $\frac{1}{2}$  cup granulated sugar
- 2 tablespoons cold water
- 2 pounds apples, peeled, cored and thinly sliced
- $\frac{1}{4}$  pound Maple Leaf Butter
- $\frac{1}{2}$  cup granulated sugar
- 2 teaspoons grated lemon rind
- Sliced almonds
- Sauce
  - 2 egg yolks
  - 1 pint sour cream
  - $\frac{1}{2}$  cup granulated sugar
  - 3 tablespoons Grand Marnier

Preheat GAS OVEN to 425°F. Combine  $\frac{1}{2}$  cup sugar and cold water in a heavy saucepan. Cook over high GAS FLAME until sugar caramelizes. Pour into an 8-inch metal pie plate. Sauté sliced apples lightly in Maple Leaf Butter. Add  $\frac{1}{2}$  cup sugar and lemon rind. Cool thoroughly in the refrigerator. Arrange apple slices in concentric circles in the caramel coated pie plate. Roll out the Pâte Brisée and lay a circle of the dough on top of the apples. Trim the edge of the pastry with a knife. Bake on a cookie sheet for 45 minutes. Cool slightly before turning it out on a circular serving platter. Decorate with sliced almonds.

Serve with sour cream sauce.

To prepare sauce, beat egg yolks into sour cream. Gradually beat in sugar. Add Grand Marnier, a tablespoon at a time. Refrigerate sauce until ready to serve.

## CREVETTES À LA NANTUA

	2 pounds raw shrimps
	6 tablespoons Maple Leaf Butter
	$\frac{1}{4}$ cup cognac
	$\frac{1}{2}$ cup dry white wine
Shrimp Butter	$\frac{1}{4}$ pound Maple Leaf Butter
	Shrimp shells
Sauce Nantua	2 tablespoons Maple Leaf Butter
	2 tablespoons flour
	1 cup fish or chicken stock
	1 egg yolk
	$\frac{1}{3}$ cup heavy cream
	Salt
	Pepper
	Few drops lemon juice

Sauté shrimp in their shells in 6 tablespoons of Maple Leaf Butter until they turn pink. Flame with cognac. Pour wine into pan and cover. Simmer over simmer GAS FLAME for about 5 minutes or until shrimp are firm. Peel shrimp, reserving shells and any liquid left in the pan.

To make shrimp butter, either pound shells with Maple Leaf Butter in a mortar until reduced to a purée, then force through a sieve, or melt Maple Leaf Butter and combine it with shells in the jar of a blender. Blend at high speed for about a minute then rub through a sieve. However the purée is prepared, it should be beaten in a bowl which is set over ice until butter mixture is cold and creamy. Refrigerate until ready to use.

For the sauce, make a roux of 2 tablespoons Maple Leaf Butter and 2 tablespoons flour. Gradually pour in stock, stirring constantly, cook over moderate GAS FLAME until sauce is smooth and thick. Turn GAS FLAME off and beat in egg yolk which has been combined with heavy cream. Cook over moderate GAS FLAME until sauce coats a spoon lightly. If sauce is too thick, add more cream, a tablespoon at a time. Season with salt, pepper and a few drops of lemon juice. Add cooked shrimp and heat thoroughly.

Just before serving, beat in shrimp butter a spoonful at a time.

Serve at once either in a rice ring, vol au vent or patty shells.

## FILET DE BOEUF MARCHAND DE VIN

- 1 3 pound fillet of beef
- Salt and freshly ground black pepper
- 4 tablespoons peanut oil
- $\frac{1}{2}$  cup finely chopped shallots
- $1\frac{1}{2}$  cups dry red wine
- $1\frac{1}{2}$  cups Sauce Espagnole (see below)
- 4 tablespoons Maple Leaf Butter
- $\frac{1}{4}$  teaspoon lemon juice

Preheat GAS OVEN to 450°F. Sprinkle fillet with salt and pepper and sauté on all sides in hot peanut oil. Transfer pan to GAS OVEN and roast for about 30 minutes (rare). Baste every 10 minutes with the fat in the pan.

When fillet is done, remove to a serving plate and cover lightly with foil to keep warm while you make the sauce.

Remove all but 2 tablespoons fat from frying pan. Add shallots. Sauté until lightly coloured. Pour in wine and boil over high GAS FLAME until it is reduced to  $\frac{3}{4}$  of a cup. Stir in Sauce Espagnole and any juices collected around the waiting fillet. Simmer sauce over simmer GAS FLAME for about 5 minutes then strain it into a small saucepan. Bring to a boil over high GAS FLAME.

Turn GAS FLAME off and beat in Maple Leaf Butter. Season with lemon juice and salt and pepper, if necessary. Pour a little of the sauce over the fillet and pass the rest in a sauceboat.

## SAUCE ESPAGNOLE

- $\frac{1}{2}$  cup rendered beef fat
- 1 cup all-purpose flour
- 2 quarts (8 cups) freshly made beef stock
- 1 cup finely chopped onions
- $\frac{1}{3}$  cup finely chopped carrots
- $\frac{2}{3}$  cup finely chopped celery
- 3 tablespoons Maple Leaf Butter
- $\frac{1}{2}$  teaspoon thyme
- 1 bay leaf
- 4 sprigs parsley
- 1 teaspoon tomato paste

Make a roux of the rendered beef fat and flour. Cook with care over simmer GAS FLAME, stirring constantly, until the flour becomes nut brown. Gradually add the stock, over moderate GAS FLAME stirring constantly until sauce is thick and smooth. Reduce GAS FLAME to simmer. Sauté onions, carrots and celery in Maple Leaf Butter until lightly coloured. Add to the simmering stock. Add thyme, bay leaf, parsley and tomato paste. Simmer over simmer GAS FLAME, uncovered, for about 2 hours. Skim the sauce periodically of scum as it forms.

Strain sauce when it is done. Refrigerate until used.

## CRÊPES SUZETTE

Crêpe Batter	$\frac{3}{4}$	cup milk
	$\frac{3}{4}$	cup water
	4	egg yolks
	1	tablespoon granulated sugar
	3	tablespoons Grand Marnier
	$1\frac{1}{2}$	cups cake and pastry flour
Orange Butter	5	tablespoons Maple Leaf Butter, melted and cooled
	$\frac{1}{2}$	pound Maple Leaf Butter, softened
	$\frac{1}{2}$	cup granulated sugar
	2	tablespoons grated orange rind
	$\frac{1}{2}$	cup orange juice
	$\frac{1}{4}$	cup Grand Marnier
		Granulated sugar
	$\frac{1}{2}$	cup dark rum

In a blender, combine batter ingredients. Blend at high speed for a minute or so. Chill for about 2 hours.

To make sauce, cream Maple Leaf Butter and sugar together. Beat in orange rind. Still beating, very gradually add orange juice and Grand Marnier. Refrigerate until ready to use.

Make crêpes in the usual way in a 5 - inch crêpe pan, using a little clarified butter to grease pan when necessary. Try to make crêpes as thin as possible. Set them aside.

When ready to serve, heat a few tablespoons of the orange butter in a large crêpe pan set over an alcohol burner. When butter is sizzling, add a crêpe. Baste it thoroughly, then fold it in half again and put it on the edge of the pan. Continue with the remaining crêpes in the same fashion adding more orange butter as you proceed. Sprinkle crêpes with a little granulated sugar and flame with rum. When the flames die down, serve on individual heated plates.



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